



TONSIL STONES Secret Home Remedies

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**Secret Home Treatment to Eliminating and Preventing
Tonsilloliths and Tonsil Stones...**

by Anna Watson



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Introduction

The purpose of this e-book is to help those suffering from tonsil stones, or tonsilloliths, overcome the condition.

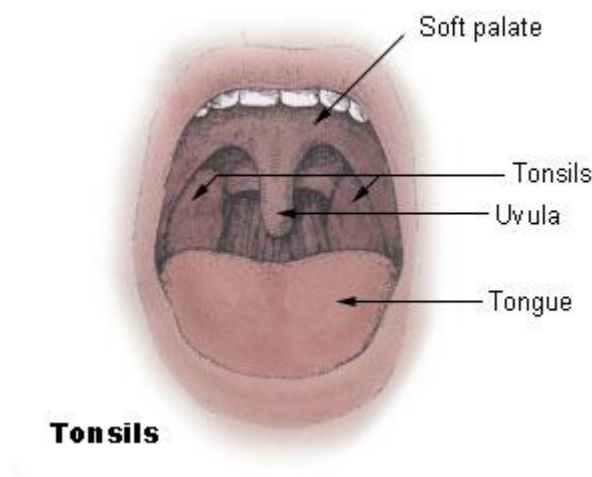
I created this e-book to share what I've learned and the exact steps I used to overcome my own battle with tonsil stones. This e-book will provide you with fast yet effective methods for removing tonsil stones naturally without the need for surgery. You will also learn how to prevent tonsil stones from ever coming back again.

I've tried to break everything down in a simple step-by-step manner so that you can successfully duplicate the techniques I used to beat tonsil stones.

So let's get started by first getting a little background lesson on the tonsils...

What are Tonsils?

As you can see from the picture below, the tonsils are two small masses of tissue (known as lymphoid tissue) located on each side of the root of the pharynx (throat).



The tonsils are a very irregular shape, although they look smooth in pictures. The tonsils have pockets, known as “tonsil crypts”, or simply “crypts”. These pockets act as a sort of net that catches bacteria and particles that try to enter our bodies via the mouth. The tonsils are basically the first line of defense against ingested bacteria, viruses and other dangerous microorganisms.

With this said, it’s important to note that there is still some debate as to how crucial the tonsils are to the body’s immune system. Many doctors believe that the tonsils don’t do a very good job in what they’re designed to do, and this is why some doctors still recommend that their patients with tonsilloliths get a tonsillectomy (surgery that removes the tonsils), as a way to cure tonsil stones.

If a patient does get his/her tonsils removed he/she normally doesn’t notice any difference inside the mouth. It’s not like you would feel as if something was missing. Getting a tonsillectomy is expensive and the recovery period is

not pleasant at all! You should be prepared to miss approximately two weeks from work.

Removing the tonsils all together does have a high success rate; however, many doctors nowadays refrain from this because the tonsil tissue is irreplaceable and can weaken the patient's immunity.

Remember, tonsil stones are not dangerous, but weakening your immune system surely is.

What are Tonsil Stones & How are They Formed?

Tonsil stones are white or dull yellow looking balls, which are formed through the hardening, and calcification, of bacteria, food, mucus, and/or debris inside the crypts of the tonsils.

Again, the tonsil crypts are pockets, or you can think of them as small empty spaces within the structure of the tonsils. Bacteria, viruses, etcetera accumulate in there. If there is an infection in the crypts that tries to invade the tonsil tissue, tonsil stones are created.

The key thing to remember is that tonsil stones only form when there is an infection inside a tonsil crypt. When there's an infection, the body naturally tries to fight it. The white blood cells try to kill the germs. Also, the body produces calcium around the accumulation within the crypts to seal off the infection; thus, the creation of tonsil stones.

Post nasal drip, or allergic rhinitis, can also cultivate tonsil stones because of the excess mucus they produce that comes down to a person's tonsils.

The Symptoms of Tonsil Stones

Those with small tonsil stones may not have any noticeable or adverse symptoms. Small tonsil stones are not easily detected by doctors. Even large tonsil stones can remain undetected by many physicians. Often, tonsil stones are detected accidentally in CT scans or X-rays.

The larger the stones, the more prevalent are the symptoms.

Here are the symptoms of tonsil stones:

Symptom #1

White/Yellowish Stones in the Back of Your Throat

If you can visibly see whitish/yellowish stones in the back of your throat like this:



that's a pretty clear indication you have tonsil stones.

Symptom #2

Halitosis (aka "Bad Breath")

This is probably one of the worst symptoms of tonsil stones. The composition of the tonsil stones is what results in the bad breath. The tonsil stones are a mixture of calcified dead cells, post nasal drip and sulfur compounds that is quite potent.

Symptom #3

Metallic Tastes in Mouth

The make up of the tonsil stones may result in a metallic taste in one's saliva.

Symptom #4

Throat Pain

It's not uncommon for the tonsil stone to cause pain and irritation around the area in which the tonsil stone is lodged. Keep in mind that this is probably not the best symptom to base whether or not you have tonsil stones because pain can also arise from the infection of your throat due to tonsillitis (an infection caused by the bacteria streptococcus). So based on this symptom alone, you will not know if you have tonsil stones or tonsillitis.

Symptom #5

Ear Pain

The interconnection of nerves between the tonsil, neck and ear can result in ear pain.

Symptom #6

Frequent Coughing

If the tonsil stones are big enough to irritate the top area of the throat this tends to naturally cause people to try to cough to try to get rid of the “foreign” substance that is causing the sensation.

Symptom #7

Difficulty Swallowing

Big tonsil stones can rub against the throat causing friction, making it difficult to swallow or drink liquids. Some people even have trouble breathing.

Symptom #8

Swelling of the Tonsils

When you have tonsil stones, the tonsil stones themselves could cause the tonsil to swell. If there is a serious infection, that could cause inflammation and tonsil swelling as well.

Step-by-Step Guide for Removing Your Tonsil Stones

So next I'm going to share with you the absolute best way to remove your tonsil stones. This method is extremely effective, fast and cheap. You can do it at the comfort of your own home and you don't need to get surgery.

You always want to refrain from getting a tonsillectomy (surgery to remove your tonsils) to cure your tonsil stones, because as mentioned earlier, removing your tonsils can decrease your immune system's ability to do its job.

This method I'm going to show you is also painless!

Removal Method #1

You may have heard of the cotton swab technique, but the problem with the way most people do it is they end up gagging all the time. It's also extremely tricky to do the method on your own. On top of all that, you can run the risk of getting an infection if you are too rough.

I'm going to show you how to do this technique without gagging, and in a painless and safe manner.

So let's get to it...

First, you will need to get the following:

- an assistant (friend, spouse, mom, dad, roommate, etc)
- cotton swab(s)
- flashlight
- oxygenating mouthwash (I recommend [Dr. Katz TheraBreath Oral Rinse](#))

Now that you got everything you need. Let's get to the exact step-by-step method for removing your tonsil stones:

Step 1: Prevent Gag Reflect

I have found a really easy and simple way to prevent a gag reflex when removing your tonsil stones with this method, here it is.

First, take your left thumb and place it across your left palm. Like this:



The second thing you need to do is fold your four fingers overtop of the thumb like this, and squeeze:



Here's another angle of it:



End of Free Chapters...
Get the FULL VERSION Now!

